





CORNWALL



AS

A WINTER RESORT.



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WHETHER it is a consequence of the greater physical and mental strain attendant on the turmoil and worry of life in modern days, or whether it arises from some less obvious cause, the fact remains, that we have in Great Britain a yearly-increasing number of persons of delicate health, the comfort of whose existence, and to a large extent whose existence also, depend upon their ability to protect themselves against the inclemencies of an ordinary British winter. It has been the common practice of the medical profession to send such patients to winter in the South of France, Italy, or Spain, Madeira, and more recently even to Algiers; or, if they have remained at home, to a small range of localities, affording a comparatively narrow margin of choice for special needs.

There are, however, large numbers of invalids who, from inability to travel long distances, or from want of means to surround themselves with the necessary conditions abroad, or from the impossibility of retaining the care of their own families and friends when away from their native country, cannot avail themselves of the advantages which a foreign climate is supposed to offer. We write "supposed" advisedly; for unhappily these advantages are too often of a very speculative, not to say doubtful, character. From various circumstances, too, such persons are frequently precluded from taking up their residence in the more fashionable and favourite winter resorts of their own land; or, in the restricted choice at their command, they fail to suit their personal wants.

It is the object of this paper, in the interest of such, to direct the attention of medical men and their patients to the peculiar advantages offered by the county of Cornwall, which, at the cost of a short land journey only, in direct

connection with every part of the Great Western Railway system, gives the invalid a choice of climates rivalling those of the South of France in mildness, while surpassing them in geniality and equability; and does, in fact, confer all the climatic advantages of Continental residence, without the drawbacks of long and fatiguing travel, foreign language, unusual habits, and strange attendance. Moreover, it does this at a cost within the reach of thousands who, under ordinary conditions, are hopelessly precluded from obtaining any such alleviations of their sufferings. While to those who are happily able to maintain an interest in outdoor pursuits, the county offers almost unique attractions in its scenery, its coast-line, its botany, geology, mineralogy, archæology, entomology, and the like.

It may seem at first sight strange that the climatic advantages of Cornwall as a health resort have not been more fully recognised by medical men, seeing the testimony which has been borne by distinguished members of that body. It is now indeed more than seventy years since Dr. Paris (President of the Royal College of Physicians for a dozen years prior to his death, in 1856), then resident at Penzance, in his *Guide to the Mount's Bay*, pointed out the claims which the climate of that district gave it as a residence for consumptive patients. "Its seasons," said he, "may be compared to the neap-tides; for they neither ebb nor flow with any energy. Notwithstanding its southern latitude, the summers are never sultry . . . our winters may justly be denominated languid springs."

This was in 1816. In a second edition of the work, published in 1828, he enlarged upon this topic—laid stress upon the fact which made Penzance (and other parts of the county) so acceptable to the invalid—"the comparatively small annual, monthly, and daily range of its temperature;" and cited the investigations of Dr. Forbes, to show "that this neighbourhood enjoys a mean summer temperature *under*, and a mean winter temperature greatly *above*, the mean of places similarly situated as to latitude, but differing in the latter being placed at a distance from the sea."

The most important contribution made by Dr. Paris to the discussion of this subject is, however, to be found in an appendix to the *Guide*—an imaginary conversation between a Physician and an Invalid on the comparative merits of different places of winter residence. Here the case for the home resorts, as against their foreign rivals, is stated with



great force, and much stress laid upon the injury frequently done to consumptive patients by the voyages of these days. Nor was the doctor very tender to his Continental brethren. He quotes with approval the statement of Sir J. Clarke, in his work on Climate, that in Italy "the physicians on the sea-coast send their consumptive patients into the interior; those in the interior to the shores of the Mediterranean or Adriatic. From Genoa they send them into the interior, deeming the sea-air injurious to them. From Naples they frequently send such invalids to Rome. From Rome, on the other hand, they send them frequently to Civita Vecchia, on the shores of the Mediterranean; more frequently to the shores of the Adriatic, and occasionally even to Naples."

At this date—some threescore years since—the places to which English invalids were usually sent were Montpellier, Marseilles, Toulon, and Hyères; and Dr. Paris declared with "absolute unreserve," that the "very coldest parts of England were less inimical to delicate lungs than the sharp and piercing air of those places, and more particularly Montpellier, with its alternating "destructive winds—the *Bise* bringing cold, and the *Marin* moisture." Then at Toulon, as at Marseilles, the dreaded *Mistral* reigned, from which even the milder Hyères was not free; while Nice, though protected from the *Mistral*, "yet in the spring of the year is infested with cold sharp winds from the east and north and south-east, which are highly mischievous to the valetudinarian."

It was not on the Continent, in the opinion of Dr. Paris, that the invalid would find the winter climate that would do him or her the greatest good; and though, for those who could stand the voyage, Madeira or temperate parts of the West Indies might be the most beneficial, his advice to a person who had been accustomed to the colder and more exposed parts of England was to try a more genial situation at home. Such a change would be as likely to favour convalescence as a trip abroad, for even if an equally favourable atmosphere might not be obtained, the difference would be more than counterbalanced by ensuring the advantage of English comforts; and Penzance, of all spots, was that which, in his view, possessed the most material advantage from the mildness of its winter.

More than fifty years have elapsed since these emphatic opinions were expressed, and yet the advantages of the Cornish winter resorts are still most imperfectly recognised.

The main reason probably lies in the fact that before railway days the journey into West Cornwall seemed well-nigh as formidable as a voyage to the Continent, and that a habit of foreign resort was established most difficult to break through. Moreover, paradoxical as it may seem, far more has been known of the winter quarters of Europe than of those of England. Now, however, when the most distant railway point of Cornwall is brought within  $9\frac{1}{4}$  hours of London without change of carriage; and when year by year the county is being visited by increasing numbers of summer tourists, making its landscape beauties far more widely known; greater attention is likely to be paid to its climatic advantages, if only these are fully and accurately set forth.

That very grave doubts are beginning to be widely felt in the medical profession touching the common practice of sending various classes of invalids to foreign lands, and filling Continental towns with English patients, there is abundant proof. Emphatic expression was given to this feeling at the recent meeting of the British Medical Association at Leeds by Mr. Appleton, of Beverley, who insisted that the time had come when a stand should be made against the habit "of the fashionable doctors of the metropolis of sending the sick with tubercular disease into foreign lands. It was admitted by all that tubercle was incurable, therefore they could only do two things as physicians—prolong life and let the patients down as gently as possible. That could be arrived at as well in this country as elsewhere, which fact was enunciated by history. Sending the sick away meant extra cost, social misery, and the displacement of family love for the hireling's services. As foreign residence had failed for remedial and even alleviating purposes, why should they not begin, if the leaders would not lead, to take advantage of their uplands and fells, there to obtain at its best the best antiseptic known—oxygen?"

It is a notable point in favour of Cornwall that not only are its winters the mildest in the kingdom; but that for summer residents there is no purer or more highly oxygenated air than that of the great tract of moorland which forms its backbone, rising to the height at Brown Willy of 1368 feet, and gradually declining westward.

There is no clearer succinct summary of the general meteorological characteristics of Cornwall than Mr. Nicholas



Whitley C.E., has supplied: "A Canadian would think there was no summer and say there was no winter . . . [so far removed are the climatic conditions from extremes]. The month of January at Penzance is as warm as at Madrid, Florence, and Constantinople; and July is as cool as at St. Petersburg in that month. The seasons appear to mingle like the interlacing of the warm and cold waters on the edge of the Gulf Stream; and along our coast-line in January night and day have hardly a distinctive temperature, the mean difference being scarcely *four* degrees. There is no country in the world with a climate so mild and equable as the south-west of England, if we except the south-west of Ireland, where this peculiarity is intensified. The cause is now well understood. The Atlantic Ocean on the west is an immense reservoir of warm water, fed and heated by the Gulf Stream, so that around the Cornish land in the depth of winter the temperature of the surface-water is seldom lower than  $46^{\circ}$ , and out at sea beyond the influence of the land the water is much warmer."

And the late Mr. T. Q. Couch, M.R.C.S., who for years kept a register of natural periodic phenomena at Bodmin, in the centre of the county, about equidistant from either sea, summarised his conclusions on the climate of the county by saying:

"The almost insular condition of the county, its narrow area, its extensive coast-line, the warm sea in which it is set, all conspire to give it a character of singular equability. The thermal changes, annual and diurnal, are confined to a very narrow range. The winters are remarkably mild, and the rest which Nature takes is neither so deep nor so prolonged as in latitudes much lower than our own. . . . The myrtle, hydrangea, and fuchsia live and thrive through our winters without protection. . . . The snow, which falls rarely and scantily, is very evanescent, and the ice for several winters in succession scarcely thick enough for the skater. [Mr. Couch is writing here of Mid, not of West, Cornwall, where ice is all but unknown.] The first stirrings of vegetable life are noticeable earlier here than in countries much nearer the Equator, as France and Lombardy. Crocuses and snowdrops are here seen before they have pierced the snows of Parma; and in this particular we can compare favourably with Naples."

The following table shows the mean temperature for the winter months at Falmouth, Penzance, and Scilly, in comparison with Cannes, Montpellier, Mentone, Nice, Pau, and Madeira.

	Nov.	Dec.	Jan.	Feb.	March.	April.
Falmouth . .	47·8	44·3	44·1	45·1	44·7	47·6
Penzance . .	47·26	45·17	45·21	45·20	45·32	49·81
Scilly . . .	49·8	46·7	46·3	46·9	46·4	48·8
Cannes . . .	52·6	46·3	48·0	48·8	57·0	55·5
Montpellier .	50·7	45·7	42·1	44·8	48·9	57·4
Mentone . .	54·0	49·1	48·7	49·1	52·8	58·3
Nice . . . .	53·8	48·5	47·1	46·2	51·8	58·1
Pau . . . .	47·0	42·8	41·2	43·6	48·8	51·8
Madeira . . .	64·96	62·58	61·89	62·70	64·0	67·10

These figures show not only how favourably the West of Cornwall compares with most of the accustomed Continental resorts, but they also indicate its absolute superiority over all those named in the small amount of daily range. A mean temperature, taken by itself, may be made up of extremes, and thus give a very misleading impression; but in this table a comparison of the ranges of the winter means will very well serve to illustrate the singular equability of temperature, which is such a noteworthy feature of peninsulated Cornwall. Thus while the winter mean range at Falmouth is but 3·7°, at Penzance 4·64°, and at Scilly 3·5°, at Cannes it is 10·7°, at Montpellier 15·3°, at Mentone 9·6°, at Nice 11°, and at Pau 10·6°—figures which tell the tale of much more strongly marked maxima and minima. In fact, it is only at insular Madeira that we get a range approximating that of West Cornwall—5·21°.

While these observations on the general character of the Cornish climate are perfectly accurate, it must be explained that great differences may exist between localities not many miles apart, and that specific figures must only be taken as applying to localities actually cited. For example, the high land on the central ridge of the county, in the vicinity of Altarnun, is much colder in winter, much hotter in summer, and has a much heavier rainfall than Cornwall generally. Dr. Barham in his valuable contributions on the meteorology of the district, published in the *Journal of the Royal Institution*, comments forcibly on the great differences of climate

within the limits of the county, and between adjacent localities—"a difference constant in all intense frosts." As a typical example he cites a temperature of 10° at Truro, when Falmouth did not fall below 25°, and Helston 23°.

The readiest and most palpable illustration of the peculiar mildness and equability of the climate of Cornwall, and particularly of West Cornwall, is supplied by its marvellous exotic flora. The first attempt to present this in anything like full statistical summary was made by Professor Daubeney, F.R.S., in his *Lectures on Climate*, now more than a quarter of a century ago. In these he gave a list of plants which were too tender to be grown in the open air at the Botanic Garden, Oxford, but which not merely grew but flourished in Mr. Smith's garden at Tresco, Scilly, or in Mr. R. W. Fox's gardens at Grove Hill and Penjerriek, Falmouth. This list comprised, excluding aloes, fuchsias, pelargoniums, and mesembryanthemums, which were present in great variety, just 150 species. Of mesembryanthemums alone there were ten species growing at Falmouth and fifty-six others at Scilly, carpeting the rocks.

The latest and fullest account of the exotic plants of the West of Cornwall will, however, be found in a paper by Mr. Upcher, which obtained the medal of the Falmouth Naturalist Society at the Polytechnic Exhibition in September, 1889. The localities chiefly cited are Tresco, Scilly—where, judging by its patent results, the climate, save for the absence of excessive summer heats, may fairly be described as sub-tropical—the neighbourhoods of Penzance, Falmouth, and Penryn. Aralias are perfectly hardy, and range up to twenty-five feet high, and ten to fifteen feet through, as at Tresco, Tremough (Penryn), and Redruth. Acacias reach thirty feet at Pendrea—the seat of Mr. W. Bolitho—and Redruth. *Aloysia citriodora*—the sweet ver-bena—occurs eight feet high, and with stems four inches through. Aloes thrive well in many localities, though Tresco has the finest collection; and much the same may be said of the plants so often confounded with them in the popular mind—the Agaves. They too thrive almost everywhere, but flower with great beauty at spots like Penzance and Falmouth, reaching over twenty feet high. *A. candelabrum* flowered at Falmouth for the first time in England, and reached a height of twenty-four feet. *Aster argophyllus*—the Australian musk—has grown twenty feet high at Rosehill, Falmouth. The Norfolk Island Pine



not only grows but flourishes at Tresco. *Berberis Darwinii* "becomes one of the most glorious shrubby plants" almost all over the county. The Bamboos do well in such localities as Tresco and Penzance. *Bambusa mitis*, the most tender, grows finely at Tresco; *B. calcata* is dense in the garden of Mr. T. B. Bolitho, M.P., Penzance. The Cannas, too, give a "most wonderful group," twelve yards round, at Trewidden; and with slight protection the most tender can be successfully grown. *Clianthus puniceus* often flourishes in exposed situations. At Tredarvah the stem of one is eight inches round. *Chamærops*, in three varieties, reaches ten feet in height at Polwithen; and *Desfontainea spinosa* seven feet at Falmouth. *Dicksonias* flourish exceedingly. *Antarctica* has grown for twenty years out of doors; and *Squamosa*, brought from a greenhouse in Guernsey, has sprung up nine feet high in the open at Penzance. *Dracænas* thrive so well that there is actually a native hybrid—*Scillonensis*—originally raised at Tresco. The *Eucalypti* do well. At Penmere, Falmouth, there is one over sixty feet high, producing seed annually. *Escallonia macrantha* is so luxuriant as to be almost a weed; and Fuchsias grow to bushes ten to fifteen feet in height, and in various parts of West Cornwall literally form hedges, which flower most lavishly. Hydrangeas flourish everywhere in the county; and at Tresco the woods are full of them, ranging up to ten feet high. The *Lapageria rosea*, tender exotic though it is, has clothed a wall at Trewidden, Penzance, while the white variety grows magnificently at Carhayes. Another tender exotic which flourishes exceptionally in Cornwall is the *Melianthus major*. The Date Palm grows at Tresco. Camellias and Rhododendrons luxuriate in many localities. Trevarrick, St. Austell, has long been noted for the former; and the display of the latter at Tremough, Penryn, is unequalled. The *Thujas* at Penjerrick, Falmouth, are the finest in the kingdom; Yuccas are thoroughly hardy almost everywhere: and as to Veronicas they grow to trees fifteen feet in height, while Pelargoniums cover the fronts of houses at Penzance and Scilly, and flowering Myrtles abound.

This exotic flora of Cornwall has the most important bearing on the character of the winter climate of the county also in this respect—that it is the best possible test of the surface temperature of the ground. The minima of the stand thermometers do not by any means, especially in clear nights, represent the full degree of cold; and the late Dr. Barham made this a subject of special enquiry, pointing

out that the surface temperatures ranged generally from five to ten degrees lower than those obtained from thermometers in ordinary situations. It is these lower temperatures with which plants have to contend, and hence the value and fulness of the proof of the mildness of the winter climate of West Cornwall, in the extent to which half-hardy and even tender plants not merely live, but thrive, out of doors.

Most of the winter localities of Cornwall lie along the south coast, where sheltered spots abound, though the accommodation in the smaller has yet to be developed. The sunny cliffs of East and West Looe, the picturesque fishing creek of Polperro, the charming land-locked harbour of Fowey, still retaining many of its quaint old-world characteristics, are among the number. And so, on the north coast, we have romantic Boscastle, and Padstow with its tawny sands, both well known to the summer tourist, but not without their winter claims, though the air is keener than on the other side of the promontory. The chief winter resorts of Cornwall are, however, Falmouth and Penzance on the southern coast, St. Ives and Newquay on the northern, to which should be added the Scilly Isles. Each of these affords good, and in most cases increasing, accommodation in the way of excellent hotels and lodgings of various grades, while Falmouth and Penzance give fair choice of good private residences; and there is plenty of enterprise, both there and elsewhere, to supply any possible demand. Falmouth and Penzance are the most growing towns in Cornwall; Newquay is, to a large extent, the creation of recent years; St. Ives moves slowly, but it has almost unrivalled facilities for growth in this direction. All these towns have the advantage of direct railway access; and we give some particulars respecting each in turn.

### FALMOUTH.

Falmouth is comparatively a modern town, and owes its existence and prosperity to its commanding situation on the southward slopes of one of the noblest harbours in England. As the most westerly port in the English Channel, and one of the most extensive and best protected havens in the world, in the old days of sailing vessels it was the chief ocean-mail centre of the kingdom; and in later years it became the leading port of call. Its commercial relations

have undergone many changes, and its shipping trade, though fostered by the existence of capacious docks, is not what it once was; but the advantages of its geographical position and of its climate remain the same, and it is rapidly developing its resources as a winter resort.

The situation of Falmouth is indeed delightful. The elder town, on the edge of the harbour, is hemmed in by most attractive suburbs. At either end, and on the hills behind, stand rows of handsome villas and lines of substantial terraces, surrounded by well-kept gardens, and commanding panoramic views over land and sea of wide extent and unmarred beauty. The famous harbour has more creeks and inlets (some of rare loveliness, but the Fal itself surpassing all the rest) than any other in the kingdom, and the noble headland of Pendennis, at its entrance, is encircled by one of the finest marine drives in the country, overlooking the harbour on one hand, and Falmouth Bay, stretching away to the Lizard, on the other. As to the Fal, the Queen deemed that in beauty worthy of comparison with the Rhine.

The climatic position of Falmouth, as that of the county generally, can be put most emphatically by citing the fact that, in January, 1881, a month of all but unprecedented cold, there were *flowering* in the neighbourhood, in the open air and unprotected, about 150 species of exotics, and over 100 wild flowers. Very few of the former were injured, and more than a score of species that were killed or clipped at Kew were wholly untouched at Falmouth. Against this may also be set the fact that a temperature of  $2^{\circ}$  at Turin, in January, 1880, killed outright such plants as *Auracaria imbricata*, *Cedrus deodara*, &c. With such a climate to aid him, no wonder that the late Mr. R. W. Fox, F.R.S., obtained the Banksian medal for acclimatising upwards of 200 species of foreign plants in his garden at Grove Hill; or that citron and orange trees grown against garden walls here should yield an abundant return of fruit.

Statistically the claims of Falmouth as a winter resort, in comparison with the South of France and the Riviera, are unimpeachable; and the materials are most complete. The Meteorological Observatory at Falmouth is one of the principal stations in the kingdom, and its returns will be found in full in the reports of the Royal Cornwall Polytechnic Society. These, with the records of the Royal Observatory at Greenwich, and the figures for Pau and Montpellier



derived from Professor Dove's reports to the British Association, have supplied the following table:

MEAN TEMPERATURE OF THE AIR FOR EACH MONTH  
AT THE FOLLOWING PLACES.

Place.	Jan.	Feb.	March.	April.	May.	June.	July.
Falmouth Observatory .	44·1	45·1	44·7	47·6	51·9	57·1	60·0
Sea-water, Falmouth Bay	48·0	47·2	47·7	49·4	52·2	55·2	58·2
Torquay . . . . .	38·9	43·4	45·5	47·5	53·5	56·1	60·5
Greenwich . . . . .	36·9	38·7	41·6	46·2	52·9	59·1	61·8
Nottingham . . . . .	38·4	39·8	41·3	46·9	50·8	57·8	61·8
Pau . . . . .	41·2	43·6	48·8	51·8	61·6	68·2	68·6
Montpellier . . . . .	42·1	44·8	48·9	57·4	64·4	72·5	78·4
Scilly Isles . . . . .	46·3	46·9	46·4	48·8	52·3	57·0	60·2

  

Place.	Aug.	Sept.	Oct.	Nov.	Dec.	Year.	Diff. of Hottest & Coldest Months.
Falmouth Observatory .	60·3	57·2	52·2	47·8	44·3	51·0	16·2
Sea-water, Falmouth Bay	59·7	59·0	56·6	52·9	49·5	53·0	12·5
Torquay . . . . .	60·3	56·6	49·5	47·5	44·5	50·0	21·6
Greenwich . . . . .	61·2	56·6	50·2	43·1	39·8	49·0	24·0
Nottingham . . . . .	60·3	55·4	48·2	40·9	37·3	48·3	24·5
Pau . . . . .	73·4	68·5	58·5	47·0	42·8	56·2	32·0
Montpellier . . . . .	77·0	70·3	61·9	50·7	45·7	59·5	36·0
Scilly Isles . . . . .	61·1	58·4	53·8	49·8	46·7	52·3	14·8

From this table it appears that the mean temperature of the month of January at Falmouth is 2° warmer than Montpellier, and 3° above Pau—a result of the high mid-winter temperature of the Cornish sea, which gives an average of 49°. Then again there is the remarkable equality of the Falmouth climate, a most important point for the tender-chested. The difference between the means of the hottest and coldest months at Falmouth is only 16°, while at Greenwich it is 24°, and at Montpellier it is actually 36°. And not merely at Nice, but even in Algiers is the range greater than in Cornwall. Moreover, the average difference of day and night temperature at Falmouth is but

6°. And then again we have the freedom from such winds as afflict the South of France, the *Bise* and the *Mistral*, which make the cloak the constant winter garment of a dweller in Pau, and demand the use of a handkerchief or muff to the mouth (when a respirator is not used) to soften the keen air ere it reaches the lungs.

Highly important comparative figures are given by Mr. Wilson Lloyd Fox, F.R.M.S., in the Report of the Royal Cornwall Polytechnic Society for 1881, touching the period of extreme cold experienced in January of that year. While Kelso fell to a minimum of  $-16^{\circ}$ , Scarborough to  $10\cdot5^{\circ}$ , Cheltenham to  $-3\cdot3^{\circ}$ , the lowest point at Scilly was  $29^{\circ}$ , at Falmouth  $22\cdot8^{\circ}$ , and at Penzance  $21^{\circ}$ . Moreover, during that month the thermometer fell below the freezing-point on fewer occasions in the Cornish centres than anywhere else in the kingdom, at Scilly only five times, and only thrice to the minimum of  $29^{\circ}$ . In the same period the minimum of Toulon was  $21^{\circ}$ , of Biarritz  $18^{\circ}$ , Lyons  $-5\cdot4^{\circ}$ , Vienna  $2\cdot4^{\circ}$ , Berlin  $-2\cdot2^{\circ}$ , Brussels  $2\cdot3^{\circ}$ , Paris  $7\cdot5^{\circ}$ .

One of the most remarkable testimonies to the value of Falmouth as a health-resort will be found in a letter by Sir Edward Sieveking, M.D., published in the *British Medical Journal* of August 31, 1889 (p. 498); equally noteworthy indeed, as a commendation of the locality, and as a candid admission of the general want of information in the medical profession touching its advantages. Sir Edward, who has spent some time at Falmouth, "one of the most delightful parts of Great Britain that it has been my good fortune to visit," observes:

"Before I came here I inquired of my friends what they knew of Falmouth, and the reply was almost invariably a confession of ignorance. Of course nobody doubted that it was a most relaxing and depressing locality, and this reputation clings to it, so as to surround Falmouth with a halo of a most objectionable character. . . . The healthiness of the locality is best shown by the mortality being 10 per thousand. For the healthy there is every possible attraction—geology, botany, mineralogy, marine zoology. The joys of the sea, the exquisite colouring of the rocks, and hills, and bays, give occupation to the philosopher, the artist, and the sportsman.

"The invalid finds every comfort required for mind and body, and, though I am far from asserting that the place is

suited for all constitutions or all disorders of the flesh, I do maintain that it is a place that deserves much more attention from our doctors and our countrymen generally than it has yet received. Even here the climate varies in localities but slightly removed from one another; some are more exposed to the east, some more to the south, north, or west, and these differences would have to be considered in the selection to be made for different affections. But when I inform you that within two miles of this house is a garden where I have seen palms, dracaenas, bougainvillas, and many other varieties of tropical plants flourish all the year round in the open air, the character of this 'Ultima Thule' of Great Britain is indicated. There are no swamps in the neighbourhood."

Sir Edward adds the suggestion that his "medical brethren would themselves visit and communicate their impressions of a spot, the loveliness of which has poured balm into the heart of one very dear to me, and strengthened many others."

In a communication addressed to a gentleman who is professionally interested in the development of the resources of the county of Cornwall, Sir Edward Sieveking further observes: "I have already done what lies in my power to direct the attention of the medical profession towards the numerous advantages possessed by the neighbourhood of Falmouth for numerous classes of invalids; for hitherto the profession have almost ignored it, or assumed that the climate of the entire coast is identical. This is an undoubted error, for, taken as a whole, Falmouth differs in many points from, say Penzance, and again in and about Falmouth itself there is a considerable difference between the various localities. . . . I am satisfied that a large number of patients, who are now sent a weary journey to the south of Europe, would benefit much more by a visit to a well selected residence at Falmouth than by the former direction."

Apropos of Sir Edward's remarks touching the variation in climate in localities but slightly removed from each other, we may note the case of Flushing, a townlet on the opposite shore of the harbour, at the entrance of the creek called the Penryn River. Sir James Clark held this to be the best place known to him in England as a residence for invalids during the spring months, from the manner in which it is sheltered from easterly winds. So Dr. Charles Barham, who pointed out that this Falmouthian suburb had enjoyed the enviable reputation of possessing "perhaps the mildest



climate in England, for upwards of a century. Its attractions, moreover, are enhanced by the charms of the woods of the ancient seat of Trefusis." So Dr. Byrne, restored at Flushing to his professional career: "To the invalid suffering from chest or throat complaints in particular the climate of Falmouth and neighbourhood presents a better prospect of cure, with a certainty of relief, than any place I know of in England, being much more sheltered from cold winds."

### PENZANCE.

There are frequent references to Penzance in the early part of this paper; and many of the general remarks with regard to the climate of Falmouth may be taken as applying in the main to this most western borough. As tested by the growth of exotic plants, the climate of Penzance is even milder than that of Falmouth—that is to say, the most favourable conditions extend over a wider area. One practical result of this is well known all through England—the supply of early potatoes and other vegetables from the market gardens which clothe the hillsides behind and on either side of the town; and which commonly yield two crops in the year when used for the production of brocoli and potatoes.

Penzance is an attractive, well-built place, abounding in pleasant residences and good hotels, rising from the water's-edge on the southward shore of Mount's Bay. Immediately in front lies the wide expanse of this fair open roadstead, with its great stretches of sandy beach, its towering cliffs on either horn, and its unique central point of grandeur—St. Michael's Mount, now island, now peninsula, whence it takes its name. The coast has a marvellous changeful loveliness. To the east juts out the Lizard promontory, with its serpentine cliffs richly clad in green and red; to the west the Land's End, whose granite headlands, stern and massive, are ever fretted by the Atlantic surges.

Alike in botany and in entomology, and in the pursuits of the sea-shore, Penzance has unique opportunities of study. So with local geology and mineralogy; so again with antiquities of the earlier time—cromlechs, menhirs, stone circles, kist-vaens, fogous, hut-circles, and hut clusters; and so with a folklore that is both peculiar and abundant. There is plenty of congenial company too in the town for those who like these things, whether they pursue them as studies or relaxations; and resident art has developed a "school." For

many a long year indeed Penzance has had repute as a home of culture, never more worthily maintained than now, with the best public library in the county, an unapproached local geological museum, and thriving scientific societies, general and special. Moreover, there is no locality in England where invalids, *teste* Sir James Clark, can spend more of their winters in the open air. And, as Sir Morell Mackenzie has just shown, this is the real test of the value of a health station—a climate is valuable to the invalid just in proportion as it enables him to help himself.

There are abundant materials for elaborate and exact statistics on the meteorology of Penzance, from a treatise written by Dr. Forbes early in the century down to the present day. The characteristics are really those of a small island; and indeed the waters of St. Ives and Mount's Bays approach each other so closely as to peninsulate the Land's End district very effectively. Hence the extreme equability of temperature. Frosts are very slight and transient; winds are very variable. The most prevalent are the westerly; and direct south are much more frequent than direct north—the south and westerly predominating greatly over the north and easterly. Direct east winds, one year with another, are by far the least frequent; south-westerly the most prevalent. It is the south and south-west winds that blow most in winter, and during their continuance there is very little difference of temperature between night and day, sometimes none at all; while commonly the minimum of the night is not more than three or four degrees below the maximum of the day.

Taking a range of twenty years, the average difference between the maximum and minimum mean temperature at Penzance in January was about 6 degrees; in February it was a little more, but did not reach 7 degrees; in March it was about 7; in December it was under 6. The highest temperatures recorded over the same period for January ranged between 50 and 55 degrees; for February, between 51 and 56; for March, between 53 and 59; for December between 51 and 56. In like manner the lowest temperatures ranged: For January, between 26 and 37; February, between 25 and 41; March, 28 to 37·50; December, 25 to 40. There are plenty of winters in which frosts are unknown, and the existence of ice thick enough to skate on is a matter of tradition rather than experience. The lowest temperature ever recorded (and registers have been kept for many years) was 21°, and that only on one occasion.

It is not on the Continent of Europe that a climate can be found with so small a range of temperature. Madeira and Teneriffe are indeed more favoured than Cornwall in this respect; but a visit thither involves the disadvantages, which may be minimised, but cannot be removed, of foreign travel and residence, already indicated; while the sea-voyage often rouses into activity a disease which with quietness at home might long remain dormant.

A comparative statement of mean temperatures at Penzance, deduced from a long series of observations by the late Mr. Hosken Richards, gives the following results:

	Jan.	Feb.	March.	April.	May.	June.
Penzance . .	45·21	45·20	45·32	49·81	57·15	58·83
Pau . . . .	41·2	43·6	48·8	51·8	61·6	68·2
Montpellier .	42·1	44·8	48·9	57·4	64·4	72·5
	July.	August.	Sept.	Oct.	Nov.	Dec.
Penzance . .	61·79	61·21	58·46	53·94	47·26	45·17
Pau . . . .	68·6	73·4	68·5	58·5	47·0	42·8
Montpellier .	78·4	77·0	70·3	61·9	50·7	45·7

### ST. IVES.

The temperature of St. Ives, like that of Penzance and Falmouth, is materially affected and equalized by the proximity of the sea, which comparative statistics of Helston and Mount's Bay show to produce a reduction of 8° in the heat of the hottest days in the few miles only between them, and to cause the range of day and night temperature to be but half as great at Penzance as at Helston. Thus it has been shown that while the daily summer range at Helston was 20·38°, that at Penzance was 11·28°; while the winter range at Helston was 17·31° against 9·8°. The peninsular character of the land west of the line of the Hayle estuary unquestionably gives to the whole of the western district a strictly marine climate, and brings St. Ives (though little attention has been paid statistically to its meteorological conditions) definitely within the same category. The local circumstances, indeed, do not differ to



any material extent; but they so far vary, that the climate of St. Ives is slightly more bracing and less humid than that of Penzance, and must have special suitability therefore for some constitutions. The prevailing winds are westerly and north-westerly—genuine Atlantic breezes—and the high land above the little peninsulated town, where Tregenna Castle nestles among its trees, enjoys an exceptionally fresh and invigorating atmosphere, while sheltered on the eastward. No part of the coast feels the direct effect of the Gulf Stream more distinctly, for many have been the instances of West Indian drift cast upon the shores of its lovely bay.

And the bay of St. Ives is indeed lovely—one of the loveliest, not merely in Cornwall, but in England. In purity of colour it is unsurpassed. Nowhere in the West are the chromatic glories of the Mediterranean so vividly recalled. Everywhere the beaches are of the finest creamy-tinted sand, which affords no hold for the growth of seaweed, and causes the shallower waters to assume a peculiarly transparent and delicate shade of emerald; while further out the waves are the richest sapphire. The land rises from the shore in verdure-clad or sandy slopes, more or less abruptly; and whether in winter or in summer the outlook on a sunny day is quite Italian in its character.

St. Ives possesses in Tregenna Castle, mentioned above, the most notable hotel in Cornwall in its character and surroundings. It is a castellated building, once the seat of the Stephens family, about a mile distant from the town, at a good elevation, commanding a glorious prospect over the bay, backed by extensive woods, and standing in its own grounds of nearly one hundred acres. When it was converted into an hotel it was entirely refitted, and adapted fully to modern requirements.

St. Ives has a very picturesque “back country” in the rugged moorland which stretches away to Towednack, Morvah, and Zennor; and a very noble coast-line, ranging round to Cape Cornwall and the Land’s End.

### NEWQUAY.

Newquay has enjoyed an enviable reputation as a summer resort for many years; but until the construction of the cross-country line, which branches from the Cornwall Railway

at Par, it was by no means easy of access. Now, however, it is as readily reached as any other part of the county, and is rapidly rising into wide favour as it becomes better known. Its chief attractions are its noble cliffs, pierced by wave-hewn caverns, its wide-spreading beaches affording abundant facilities for bathing, and a bracing summer atmosphere with a moderate rainfall. From Ilfracombe westwards the health-resorts on the north coast of Devon and Cornwall are more invigorating in summer than those on the south, but the difference decreases as we proceed westward, until at St. Ives the variation from Penzance is so slight that it is hardly worth notice. The high and open position of Newquay itself renders it more suitable for summer, when its atmosphere is unexcelled in the West for "setting up" the jaded town-dweller; but there are many sheltered nooks in the vicinity, where the benefits of the mild winter of Cornwall may be thoroughly enjoyed, to the special advantage of those to whom a degree or two of temperature is of less consequence than thorough protection against the ruder winds. There is no lovelier or more sheltered spot in Cornwall, indeed, than the Vale of Lanherne; and further to the eastward, at Padstow and Boscastle, and their neighbourhoods, as already noted, there are many spots admirably adapted to meet the wants of those who wish for more secluded conditions than the larger centres can afford.

### THE SCILLY ISLES.

So far as temperature is concerned, the Scilly Isles approach Nice very closely; but their climatic conditions are far more equable than those of that famous resort. For example, the average mean for Nice, as deduced by Mr. W. L. Fox from the *Nice Médicale*, for the twenty-eight years preceding 1876, was  $47.1^{\circ}$ , the absolute maximum being  $66.5^{\circ}$ , and the absolute minimum  $27.5^{\circ}$ . At Scilly for the six years to 1876, for which records were available, the mean was  $46.6^{\circ}$ , but the absolute maximum was  $55.0^{\circ}$ , and the absolute minimum only  $30^{\circ}$ —thus showing a materially smaller range, and a substantially more favourable minimum temperature. And a comparison of subsequent years leads to practically the same results—the absolute maximum temperature at Scilly never rises so high as at Nice, the minimum rarely falls so low.

The summer temperature at Scilly is as notably removed from extremes as the winter. Taking the year 1881 as a somewhat extreme example, we find the absolute maxima throughout the twelve months ranging only between  $54^{\circ}$  and  $70^{\circ}$ , and the absolute minima between  $29^{\circ}$  and  $52^{\circ}$ , the monthly range being  $21.3^{\circ}$ , which was probably the lowest in the United Kingdom. But we get it as low as  $18.7^{\circ}$  in 1886. The tables for 1888 give an average monthly range of  $19^{\circ}$ —the absolute maxima ranging from  $49^{\circ}$  to  $66^{\circ}$ , and the absolute minima from  $29^{\circ}$  to  $52^{\circ}$ .

All this is shown, of course, most strikingly in the wonderful manner in which not merely sub-tropical but tropical plants flourish in Mr. Dorrien-Smith's famous Abbey Gardens at Tresco—the unimpeachable evidence of the mildest climate in the British Isles.

Scilly has hardly come to the front as a winter residence, yet for a prolonged residence it affords, as shown above, the mildest and most equable temperature in the kingdom; and the residential capacities of the principal island, St. Mary, are certainly capable of great development. Among the accessory attractions is excellent fishing.

The Scilly Isles are reached from Penzance by well-appointed steamboats, which maintain a regular service, and make an average passage of about four hours.



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